

Marojoka Field Hockey Club's

H.Y.P.E Hockey

Help Your Play Excel

Wednesdays- January 4 to February 22, 2023

at St. Luke's Fitness & Sports Performance Center

702 Union Boulevard

Allentown, PA 18109

Drills to sharpen your outdoor field hockey skills

Small-sided games to refine skills under game conditions

U10/U12/U14/u16/u19 Sessions between 5:45 PM and 9:00PM

Start of each of the three 75 minute sessions TBA

Please arrive 15 minutes prior to your session time for group warm-up.

Bring your outdoor stick, sneakers or turf shoes, shin and mouth guards.

If you have equipment needs, please email the club prior to the 1st session.

Must be a current member of USA Field Hockey. Join here:

<https://usafielddhockey.webpoint.us>. Please affiliate with Marojoka Field Hockey when registering with USA FH. If you have never been a USA member and choose not to play in sanctioned events outside the Lehigh Valley, you can get a one-time local affiliate membership for \$10.

\$145 for approx. 7 sessions- Payment due before or at the first session

Zelle, Venmo, or Paypal- marojokafh@gmail.com

Checks made to Marojoka Field Hockey - hand in at the first session

REGISTER HERE: <https://www.signupgenius.com/go/4090d45afaa29a2fa7-hype2#/>